

Every Tuesday and Thursday all juniors and seniors will participate in the school fitness club. After reporting to their individual teachers for attendance, each student will choose from a wide variety of how and where they will work out that day. Their choices might include the track for a walk-run activity, the multi-purpose room for kick boxing, the football field for a fitness game, or the weight room for a weight lifting workout. The various instructors will assist students at each station. Students will log their individual work-outs on their Wildcat Fitness Card. Goals for improvement will be written at the beginning of each 6-week grading period and a reflective analysis will be written at the end of each grading period to determine if their goals were met. Each student is expected to participate to their personal potential.

We will pre-test fitness (Fitnessgram) at the beginning of the year and follow up with two fitness tests each 6 weeks to measure improvement and set new goals. Health-related fitness is what we test. These tests might include a 20 minute walk-run or the pacer for cardiovascular endurance, curl-ups for muscular endurance, push-ups for muscular strength, and the sit & reach and trunk extension for flexibility. We also measure body composition using the electric impedance method (optional test). There is a focus on individual and personalized fitness program.